



HEAT SAFETY CHEAT SHEET

AVOIDING OVERHEATING:

- Sunscreen before play
- DRINK, DRINK, DRINK
- Take breaks in the shade
- When in doubt, take 'em in

WARNING SIGNS:

Signs of overheating are subtle at first, and may be confused with hunger or being tired.

1. Sweating heavily but skin feels cold and clammy
2. Child feels weak, tired, dizzy or nauseated and have muscle cramps or a rapid heartbeat

SIGNS OF OVERHEATING OR HEAT STROKE:

1. Temperature without sweating—anything above 100.4 in a baby is elevated and should be discussed with your pediatrician.
2. Babies with red or dry skin may be showing signs of overheating.
3. Vomiting
4. Changes in behavior such as poor feeding, fussiness or excessive crying.

If you think a child is demonstrating signs of being overheated:

1. CALL A DOCTOR OR CALL 911. This can be a serious medical condition and may require immediate care.
2. Undress baby and find a cool area such as an air conditioned space or a basin where you can give a cool washcloth bath.
3. Follow your doctor's instructions about eating/drinking and avoid giving any fever reducers until discussing with your pediatrician.